



Dundee Middle School LUNCH MENU January 3-4, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create				Orange Chicken Stir-Fry, Sesame Green Beans, Asian Brown Rice, Dinner Roll	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, Steamed Broccoli Florets, WG Dinner Roll
2^{mate}	Daily Selections: Classic Cheese Pizza & Pepperoni Pizza				
				Aloha Pizza	Bacon Cheeseburger Pizza
grill'd				Spicy Chicken Sandwich, Toasty Three Cheese Sandwich, Bacon Cheeseburger, Seasoned Fries	Crispy Chicken Sandwich, Turkey Cheeseburger, BBQ Pulled Pork Sandwich, Seasoned Corn
ON THE GO				Honey Mustard Turkey Ham & Cheese Sandwich, Buffalo Popcorn Chicken Salad w/Roll, Strawberry Parfait with Granola	Honey Mustard Turkey Ham & Cheese Sandwich, Cheddar/Mozzarella Salad w/Roll, Berry Parfait with granola

Available with all meals - minimum of 1/2 cup fruit or vegetable

EXTRA! EXTRA!				Spinach and Cranberry Salad	Lettuce & Tomato Salad
				Vegetable Pasta Salad	Vegetable Pasta Salad
				Fresh Celery Sticks, Strawberries	Fresh Celery Sticks, Baby Carrots
				Kidney Beans	100% Fresh Fruit Juice
				Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit
				1% Low-Fat Milk	1% Low-Fat Milk
				1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk

Middle: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and 1% Low Fat chocolate or strawberry.

School Foodservice Information

Price: \$2.90, paid, \$.40 reduced*, free* (*if qualified)

Adult Price: \$3.55

No advance registration necessary! All students are welcome every day!

Shelly Farris, **Director of Dining Services**

734-529-2350 X11014, shelita.farris@dundee.k12.mi.us

Chartwell's new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

Continue Chartwell's' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce

To learn more about Chartwell's go to www.EatLearnLive.com

USDA Nondiscrimination Statement

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Dundee Middle School LUNCH MENU January 7-11, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Burger Bar! Classic Cheeseburger, Turkey Cheeseburger, Black Bean Burger, Sweet Potato Fries, Vegetarian Baked Beans	Taco Tuesday! Seasoned Taco Meat, Fajita Chicken, Vegetarian Refried Beans, Cilantro Lime Rice	Homemade Chicken Noodle Soup with Toasted Trip Cheese Sandwich, Seasoned Peas	Breakfast For Lunch! Cinnamon Glazed French Toast, Turkey Sausage Patty, Homefried Potatoes	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, Breadstick
2^{mate}	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Buffalo Chicken Pizza	Italian Sausage Flatbread	Veggie Pizza	Aloha Pizza	Bacon Cheeseburger Pizza
grill'd	Crispy Chicken Sandwich, Classic Cheeseburger, Philly Cheese Steak	Spicy Chicken Sandwich, Classic Cheeseburger, Chicken Nuggets with WG Roll	Crispy Chicken Sandwich, Classic American Cheeseburger, Italian Meatball Sub	Crispy Chicken Sandwich, Classic Cheeseburger, Italian Chicken Parmesan Sandwich, Seasoned Fries	Crispy Chicken Sandwich, Turkey Cheeseburger, BBQ Pulled Pork Sandwich
ON THE GO	Turkey Cobb Salad w/ Roll, Turkey & Cheese Pinwheel, Blueberry Parfait with Granola	Asian Chicken Noodle Salad w/Roll, Chicken Salad Ciabatta Sandwich, Strawberry Smoothie with String Cheese & muffin	Mandarin Chicken Salad w/Roll, Buffalo Popcorn Chicken Wrap, Peach Parfait with Granola	Buffalo Popcorn Chicken Salad w/Roll, Honey Mustard Turkey Ham & Cheese Sandwich, Blueberry Banana Smoothie with String	Cheddar/Mozzarella Salad w/Roll, Honey Mustard Turkey Ham & Cheese Sandwich, Berry Parfait with Granola

Available with all meals - minimum of 1/2 cup fruit vegetable

Caesar Salad	Mixed Greens salad	Lettuce & Tomato Salad	Spinach & Cranberry Salad	Lettuce & Tomato Salad
Home style Potato Salad	Home style Potato Salad	Home Style Potato Salad	Home style Potato Salad	Home style Potato Salad
Fresh Cauliflower & Baby Carrots	Green Peas, Baby Carrots	Vegetable Crudité Cup, Garbanzo Beans	Fresh Celery Sticks, Kidney Beans	Fresh Baby Carrots, Celery Sticks
100% Fruit Juice	Fresh Celery Sticks	100% Fruit Juice	Strawberry Cups	100% Fruit Juice
Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit & Assorted Chilled Fruit	Fresh Whole Fruit & Assorted Chilled Fruit	Fresh Whole Fruit & Assorted Chilled Fruit	Fresh Whole Fruit & Assorted Chilled Fruit
1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk

Middle: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and 1% Low Fat chocolate or strawberry.



School Foodservice Information

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Adult Price: \$3.55

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Our guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

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Dundee Middle School LUNCH MENU January 14-18, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Crispy Chicken Tenders w/WG Roll, Macaroni & Cheese, Seasoned Peas	Seasoned Taco Meat, Cheesy Chicken Enchiladas, Vegetarian Refried Beans, Cilantro Lime Rice	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, WG Dinner Roll	1/2 Day! Bag Lunch Available	1/2 Day! Bag Lunch Available
2^o mato	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Personal Veggie Pizza	Pepperoni & Cheese Calzone	BBQ Chicken Pizza		
grill'd	Crispy Chicken Sandwich, Turkey Ham & Swiss Pretzel Roll, Classic American Cheeseburger	Spicy Chicken Sandwich, Classic American Cheeseburger, Toasted Turkey Club	Crispy Chicken Sandwich, Crispy Fish Sandwich with Cheese, Mozzarella and Pepperoni Panini		
ON THE GO	Antipasto Italiano Salad w/Roll, Chicken Ranch Wrap, Apple Cinnamon Parfait with Granola	Popcorn Chicken Salad w/Roll, Chickpea & Spinach Wrap, Mixed Berry Smoothie with Muffin	Chicken Caesar Salad w/Roll, Ham & Swiss Pretzel Roll Sandwich, Berry Parfait with Granola		

Available with all meals - minimum of 1/2 cup fruit vegetable



Mixed Greens Salad	Lettuce & Tomato Salad	Mixed Greens Salad		
Fresh Cauliflower Florets, Green Peas	Marinated Cool Cucumbers	Citrus Chickpea Salad		
Fresh Baby Carrots	Fresh Cherry Tomatoes, Broccoli Florets	Sliced Cucumbers, Baby Carrots		
100 % Fruit Juice	Garbanzo Beans	100 % Fruit Juice	Baby Carrots	Baby Carrots
Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit
1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk

Middle: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and 1% Low fat chocolate or strawberry.

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Dundee Middle School LUNCH MENU January 21-25, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	No School!	Buffalo Ranch Chicken Quesadilla, Seasoned Taco Meat, Vegetarian Refried Beans, Cilantro Lime Rice	Turkey Tex-Mex Chili Macaroni, Fresh Baked WG Biscuit, Orange Glazed Carrots	Breakfast for Lunch! Pancakes, Scramble eggs with or without Cheddar Cheese, Turkey Sausage, Pancakes, Apple Crisp	Viking Bowl! Mashed Potato & Chicken Bowl, Seasoned Corn, Steamed Broccoli, WG Dinner Roll
2^{mate}	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
		BBQ Chicken Pizza	Bacon Cheeseburger pizza	Pepperoni & Cheese Calzone	Aloha Pizza
grill'd		Spicy Chicken Sandwich, Italian Turkey Parm Burger, Mozzarella and Pepperoni Panini	Crispy Chicken Sandwich, Classic American Cheeseburger, Italian Meatball Sub	Spicy Chicken Sandwich, Turkey Cheeseburger, BBQ Pulled Pork Sandwich, Fries	Crispy Chicken Sandwich, Classic American Cheeseburger, BBQ Chicken Sandwich
ON THE GO		Mandarin Chicken Salad w/Roll, Buffalo Ranch Chicken Wrap, Strawberry Banana smoothie with Lf String cheese & Muffin	Chicken BLT Salad w/Roll, Turkey & Cheese Pinwheel, Peach Parfait with Granola	Asian Chicken Salad w/Roll, Honey Mustard Turkey Ham & Cheese, Pink Lemonade Smoothie with LF String Cheese and Muffin	Spicy Chicken & Mozzarella Salad w/Roll, Honey Mustard Turkey Ham & Cheese, Strawberry Parfait with Granola

Available with all meals - minimum of 1/2 cup fruit vegetable



	Lettuce & Tomato Salad	Spinach and Cranberry Salad	Lettuce & Tomato Salad	Spinach and Cranberry Salad
	Green Bean Salad	Green Bean Salad	Green Bean Salad	Fresh Cauliflower Florets
	Fresh Baby Carrots, Broccoli Florets	Marinated Cucumbers, Cherry Tomatoes	Sliced Cucumbers, Celery Sticks	Fresh Cherry Tomatoes, Celery Sticks
	Garbanzo Beans	100% Fruit Juice	Baby Carrots	100% Fruit Juice
	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit
	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk
	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk	1% Low-Fat Chocolate & Strawberry Milk

Middle: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and 1% Low fat chocolate or strawberry.

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Dundee Middle School LUNCH MENU January 28-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Meatballs in Zesty Marinara with Spaghetti, WG Garlic Toast, Roasted Italian Vegetables	Seasoned Taco Meat, Chicken Fajita, Seasoned Refried Beans, Cilantro Lime Rice	BBq Chicken, Freshly Baked Potato Half, Seasoned Broccoli Florets, WG Garlic Twis	Breakfast for lunch! Scramble Eggs, Turkey Sausage, French Toast Sticks, Baked Apple Slices	
2^{mate}	Daily Selections: Classic Cheese Pizza and Pepperoni Pizza				
	Meat Lovers Stromboli	Mexican Pepper Tomato & Olive Pizza	Philly Cheese Steak Pizza	Italian Sausage Flatbread	
grill'd	Crispy Chicken Sandwich, Classic American Cheeseburger, Mushroom & Swiss Burger	Spicy Chicken Sandwich, Classic American Cheeseburger, Philly Cheese Steak	Crispy Chicken Sandwich, American Cheeseburger, Italian Chicken Parm Sandwich	Spicy Chicken Sandwich, American Cheeseburger, Mozzarella and Pepperoni Panini, Fries	
ON THE GO	Chicken Caesar Salad w/Roll, Turkey Ranch Wrap, Apple Cinnamon Parfait with Granola	Turkey Cobb Salad w/Roll, Simple Egg Salad Sandwich, Tropical Smoothie with LF string cheese & Muffin	Cheddar/Mozzarella Salad w/Roll, Turkey Cheddar Ciabatta, Strawberry Parfait with Granola	Popcorn Chicken Salad w/Roll, Chicken Ranch Wrap, Peachy Strawberry Smoothie with LF String Cheese & Muffin	

Available with all meals - minimum of 1/2 cup fruit vegetable



Mixed Greens Salad	Mixed Greens Salad	Hearty Spinach & Vegetable Salad	Mixed Greens Salad	
Home style Potato Salad	Home style Potato Salad	Home style Potato Salad	Home style Potato Salad	
Fresh Baby Carrots, Sliced Cucumbers	Fresh Carrots & Celery Sticks	Fresh Cherry Tomatoes, Garbanzo Beans	Fresh Cherry Tomatoes, Garbanzo Beans	
100 % Fruit Juice	Broccoli Florets	100 % Fruit Juice	Broccoli Florets	
Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	Fresh Whole Fruit, Assorted Chilled Fruit	
1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	1% Low-Fat Milk	
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